

Grief and Bereavement

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

PRIMEXL

461 Scarborough Beach Road
OSBORNE PARK WA 6017

PHONE	+61 8 9492 8900
FAX	+61 8 9446 8089
FREECALL	1800 674 188
EMAIL	training@primexl.com.au
WEB	www.primexl.com.au

Humans are inherently social beings and we need to bond with people for our emotional wellbeing and we try hard to maintain these ties. Loss through death permanently breaks this bond. Grief can be seen as a person's struggle to maintain the emotional bond, while simultaneously experiencing the reality of loss.

'Grief work' is the process that a mourner needs to complete before resuming daily life; it involves separating from the deceased, adjusting to a world without them and forming new relationships. People grieve not only for the deceased, but also for the unfulfilled dreams and plans for the future that they hoped to share with them.

Grief usually passes through three (3) stages, these stages are not distinct nor do they necessarily follow in sequence.

- An initial stage of shock or disbelief when it is difficult to believe that the death has occurred. This stage may last minutes or weeks.
- A stage of acute anguish that usually lasts from weeks to months when feelings of depression occur; planning the future may be difficult.
- A phase of resolution after months, or even years.

There is no right way of coping with a death; people's response to a loss depends on their relationship with the deceased, their own personality and upbringing.

Holidays and anniversaries can serve as reminders of the loss, and many people experience a severe worsening of their grief particularly at these times.

'Normal Grief' is a term describing symptoms experienced after bereavement and it can include:

- disbelief, shock, numbness and feelings of unreality
- anger
- feelings of guilt
- sadness and tearfulness
- preoccupation with the deceased
- disturbed sleep and appetite and, occasionally, weight loss
- seeing or hearing the voice of the deceased

The initial disturbance these symptoms is gradually reduced and people begin to accept the loss and readjust.

A grief reaction can last for up to 12 months, but can vary within different cultures. On average the reaction lasts around six (6) months. A resurgence of symptoms can also occur briefly on anniversaries of the bereavement and on birthdays, etc of the deceased.

There are several things you can do to look after yourself and promote recovery from stressful events, such as:

- Recognise that you have been through a distressing experience
- Avoid overuse of alcohol or other drugs to cope
- Avoid making any major decisions or big life changes
- Don't 'bottle up' your feelings
- Try to maintain a normal routine
- Allow yourself time to rest, exercise and relax
- Let your friends and family know what you are going through
- Express your feelings as they arise, either talking or writing them down

Please seek professional assistance if you:

- are unable to handle the intense feelings or physical sensations
- continue to feel numb and empty and do not have normal feelings
- feel your emotions are not returning to normal after approximately three to four weeks following the
- incident
- continue to have physical symptoms
- continue to have disturbed sleep and/ or nightmares
- have no person or group with whom you can share your feelings and emotions
- find relationships with friends, family and colleagues seem to be suffering
- Are becoming accident prone and are increasing the use of alcohol or drugs

To access the PRIMEXL EAP service simply contact us on 9492 8900 and arrange an appointment or visit www.primexl.com.au